

# YO~STEP®

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Mission: “wellness without walls™”

## I. INTRODUCTIONS

1. Nāmaste! (“*My inner peace meets, greets, and salutes your inner light*”)
2. Gratitude
3. findlawrence.com, L’s Background, and the Biscontini Scholarship
4. Our Purpose Today: (stability and mobility)
5. Resources/Equipment:
6. Workshop/Masterclass
7. Step is NOT dead!

## II. THEORY

1. Fusion Fitness: the \_\_\_\_\_ justify the means
2. Mind-Body Stepping: starting with the Left Lead
  
3. Pilates Quotation: *do as little as possible but as much as necessary*
  - Pilates Exercises and Concepts
  
4. T’ai Chi Quotation: *who needs the most can do the best with the least*
  - T’ai Chi Exercises and Concepts
  
5. Yoga Quotation: *he or she who half breathes only half lives*
  - Yoga Exercises and Concepts:
  
6. Feldenkrais Quotation: *“Through awareness we can learn to move with astonishing lightness and freedom—at any age—and thereby improve our living circumstances, not only physically ... but emotionally, intellectually, and spiritually.” Moshe Feldenkrais*
  - Feldenkrais Exercises and Concepts:

“We shouldn’t stop playing because we grow old... for we will grow old if we stop playing!”



FITNESS GROUP TWO THOUSAND

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## III. PRACTICAL

LLL= Left Lead Leg/RLL= Right Lead Leg



## ☐ SINK THE CHI! (T'ai Chi)

A	LLL: Sink the Chi + V Step	1-4
B	LLL: Pet the Horse + Knee Lift 3 Times	5-16
C	RLL: 3 Pilates Leg Circles	17-24
D	LLL: Yoga Tree	25-32

Repeat RLL

## ☐ WARRIOR! (Yoga)

A	LLL: One Knee Lift + Revolved Warrior #1 (lead stays on)	1-8
B	LLL: Up, Up, Out, Out + Triangle (4, 4) In, In, Down, Down (breakdown is march for 14)	9-24
C	LLL: Yoga Eagle	25-32

Repeat RLL

## ☐ FLYING BIRD! (T'ai Chi)

A	T'ai Chi Bird Flying Bird	1-8
B	Yoga Warrior #3	9-16
C	1 Legged Plank (during class) or Downward Facing Dog (end)	17-24
D	Upward Facing Dog (jump to mountain and cue lead leg)	25-32

Repeat RLL

## ☐ IMAGINE THAT! (Feldenkrais)

A	LLL: Slow V Step and Cross Tap (eyes closed on '1-7')	1-8
B	RLL: Slow V Step and Cross Tap (eyes closed on '9-15')	9-16
C	LLL: Step Knee lift and T Step on End (optional rotation)	17-28
D	LLL: Knee Lift and Exit (cue: top leg in on count "28")	29-32

Repeat RLL

## ☐ ROLL THIS! (Pilates)

A	LLL: One knee off of the end, down, down (crossing feet) (breakdown or option is 11 knee lifts)	1-4
B	Pilates Rolling like a Ball 3 times	5-20
C	LLL one knee lift on step to exit	21-24
D	RLL: Carry the Lantern (like a 6 count mambo)	25-32

Repeat RLL

Summary:

Home-Work:

Resources:

Final Take-Home Messages:

"We shouldn't stop playing because we grow old, for we will grow old if we stop playing!"